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**First Lady Phefelia Herbert-Nez discusses the
importance of health and leadership at Navajo Girl Scouts event**



PHOTO: Navajo Nation First Lady Phefelia Herbert-Nez, Girl Scouts Troop 7314, and Project Bike Love representatives during the Project Bike Love Beneficiary Ceremony at Indian Wells Elementary School in Indian Wells, Ariz. on Feb. 8, 2019.

INDIAN WELLS, Ariz. – Navajo Nation First Lady Phefelia Herbert-Nez was invited by the Girl Scouts Troop 7314 on Friday to celebrate the troop’s “Project Bike Love” beneficiary ceremony at Indian Wells Elementary School, located approximately 75-miles west of Window Rock. Troop 7314 consists of 40 young Navajo girls who strive to build courage, confidence, and character within themselves and collectively.

During her keynote address, First Lady Herbert-Nez expressed her appreciation to Project Bike Love, a nonprofit organization, who donated 20-bikes and bike gear including jerseys, helmets, and shoes to the young ladies of Troop 7314.

“I am honored to celebrate this day with the young ladies, who deserve the recognition for their hard work and dedication. Today, they received fully equipped mountain bikes from Project Bike Love and I encourage the young ladies to use those bikes to their full potential. The bikes will give each of you life-long health benefits,” said First Lady Nez.

Project Bike Love, a nonprofit organization, is committed to empowering women and girls around the world through the gift of a bike and supporting them in their efforts to transform their families and communities in a positive way.

First Lady Herbert-Nez also encouraged the troop members to continue practicing their leadership skills at school, home, and within the community.

“Volunteerism is a good start to practice your leadership skills and abilities. It is a way to show your compassion to help your family, friends, and community members. Volunteering also builds your confidence and character, which will help you achieve your dreams and possibly change the Navajo Nation or the world,” said First Lady Herbert-Nez.

Following the event, First Lady thanked Troop 7314 leader Claudia Jackson and parent volunteers for the invitation to celebrate a special day with the Troop.

“Troop 7314 is doing a wonderful job and they share many of First Lady and Second Lady’s priorities such as outdoor education and volunteerism. Second Lady Dottie Lizer and I have made family, health, education, and the youth a big priority,” added First Lady Herbert-Nez.

Girl Scouts Troop 7314 will utilize the bicycles for the “Girl Scouts Get Outdoors Challenge” in March and the “Tour de Sih Hasin 300-miles Challenge Bike Ride” in July.

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